



# Finland

## Winter Multi Activity Adventure

7 Days

Located just below Arctic Circle in the land of midnight (no sun) this is definitely a winter trip with a difference. Our wilderness base is in a truly spectacular setting and perfect for this fun-filled winter adventure. With winter equipment included, discover the beautiful wilderness of Finnish Lapland through a variety of exciting activities. Round up the reindeer, hang out under the Northern Lights before skiing through forests and across frozen lakes, snowshoeing, ice skating, ice fishing and igloo building while learning about Finnish culture and traditions. All this, plus learning essential wilderness / survival techniques and camping in -30. If you're lucky, and the night sky is clear, you might even catch a glimpse of the magical Northern Lights!



[Learn more about our Carbon Labels](#)

# Your Recommended Educational Journey

## Day 1

### Depart UK and Arrive Finland

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Arrival in Kuusamo or Rovaniemi. Depending on the arrival airport we will arrive at our lodge with a maximum 2 hour transfer, where our guide team will welcome us with a homemade dinner and a tour briefing. Together with our guides we will review the route plan and get familiar with all the personal and common gear, ensuring we have everything we need to stay warm, dry and happy during our adventure and know how to use any equipment that may be new to us. Later we will get an introduction to the Finnish sauna culture, and we will have a chance to kick off our adventure by relaxing in a traditional wood heated sauna. Students will be introduced to their Adventure journal. We encourage students to keep their personal adventure journal while at camp. The journal is their own space to record notes, keep thoughts and complete creative tasks - a great learning tool and memory of their time at the lodge.

The accommodation is in the countryside of Kuusamo. Once a public primary school, the lodge has been newly renovated to provide clean and cozy, standard-level accommodations. The dorm-style rooms have bunk beds with a maximum occupancy of seven people per room with private bathrooms. Bed linen, towels and access to the traditional wood-heated sauna are included.

## Day 2

### Igloo and Sledding

BLD

Quinzees are a special kind of igloos. We build them in two parts starting with the base – a huge pile of snow which we will let freeze and harden. The next day we finish the igloo. No igloo build is complete without a housewarming party for your new snowy dwelling! Those adventurous enough will have the chance to sleep a night in the igloo, staying plenty warm with our four-season sleeping bags.

Sledding! Now it's time to have some fun! Sledding is one of our favorite activities and we believe you will love it too. You might like a small race, as well? After this we get an introduction to Finnish Sauna culture. The Sauna is an important part of Finnish culture and Finns are just crazy about it. We will share all our Sauna secrets and then let students experience it for themselves. Yes, bathing suits will be worn so don't be shy!

Every night: Northern Lights Hunt While only mother nature knows when the Aurora Borealis will dance in the Northern sky, our guides will watch for the best chance to catch a view of this spectacular display. Any evening when the conditions are right, we will have the option to turn the evening activity into a fun hunt for the Northern Lights.

## Day 3

### Cross Country Skiing and Igloo Night

BLD

Cross-country ski school, part 1. It is time to experience one of Finland's favorite winter sports: cross-country skiing. Your guide will show you the basics during your first ski lesson (or share some of their favorite tips if you are already an experienced skier). After learning the basics you will be ready for a relaxed skiing tour through beautiful fields, forests and lakes.

Ice skating. Finns learn to skate before they learn to walk. This is your chance to learn how to skate and have some fun at the same time. Ice hockey skates, helmets and skating aids provided.





Finnish lessons. We'll learn some funny Finnish words that we can use throughout the week. For example, do you know what kiitos, poro or mustikkapiirakka mean? You will by the end of the week!

**Day 4** **Cross country skiing school** BLD

Further practice on our thin CC skis as we move towards more advanced terrain and more advanced ice skiing too. You will start to feel like a local as you end the day with another sauna. This means a temperature difference of 100 degrees as you go from +80 degrees to -30!!! We hope your igloo skills building skills as we spend another night outside under our own shelter.

**Day 5** **Ice fishing & CC Skiing** BLD

Ice fishing. Finland is the land of a thousand lakes (187,888 to be exact) which are home to many different species. We will learn about fish and life in the lakes while also spending some time fishing and enjoying the silence of nature We take our CC skiing to another level as we enjoy a tour in more demanding terrain.

Movie night. Our movie collection includes films about Finnish nature as well as a few of our favorite cultural classics. Movie night can be a great way to spark new discussions about life - past, present and future - in Finland. And, we'll be sure to choose films with subtitles so everyone can enjoy them. Alternatively, students are welcome to bring their own films to watch.

**Day 6** **Snowshoeing expedition** BLD

We will set out on a guided snowshoeing adventure off the beaten path. You will be walking in deep snow with the help of special shoes designed to keep you on top while admiring the snow-covered forest. We will enjoy some hot juice on top of a hill while enjoying stunning scenery.

Farewell party The farewell party is the perfect time to reflect back on all the fun we have had and the things we have learned both individually and as a team. With food, stories and activities, it will be a memorable last evening.

**Day 7** **Airport Transfer for our return flight to the UK.** B

Depending on the departure time we will say goodbye to our winter wonderland!



## Look what's included:

- International flights
- All accommodation, transportation and activities
- All food as described above
- Local, bi-lingual, first-aid qualified STC tour leader
- Parent and student trip launch presentation
- Pre-travel training programme
- 1-day offsite safety INSET day for school staff
- ATOL financial protection
- Emergency Medical & Repatriation Insurance
- Group first aid kit and prescription meds pack
- BS8848 safety management and risk assessments
- Detailed pre-departure information and kit lists
- Comprehensive teacher travel packs
- Permanent operations team in your destination
- 24-hour UK operational support whilst overseas
- Donations to two carbon & conservation charities
- Free Fairtrade t-shirt for every participant and teacher
- Free travel guide book to your destination

## What's not included:

- Transport to airport in UK
- Drinks (advice will be given on purification of water)
- Visas or tourist cards if required
- Any required inoculations or Covid tests
- Personal spending money
- Tips for guides, drivers and porters (ask for guidance)
- Airport departure taxes paid locally
- Personal effects and cancellation insurance



## A word about Responsible Tourism

On our expeditions and educational journeys, we strive to connect teachers and students with the people they meet, nurture the cultures they experience and protect the beautiful environments they are lucky enough to explore.

Many companies talk the talk, few truly walk the walk. While we are far from perfect, we are leading the way in sustainability in the school travel sector. In 2018 we were the first UK travel company to become **Travelife Certified** – a verified sustainability certificate formally recognised by the Global Sustainable Tourism Council.



This is our passion, and we'd love to tell you more about it in due course. In the meantime, for more information on some of the steps we take as a company to make our operations more sustainable, please visit:

<https://www.thestc.co.uk/travel/what-do-we-do/>

Trees for Life



## Physical Rating for this trip: Grade 3



Moderate physical activities are included in Grade 3 trips. Good health and reasonable fitness are important to get the most out of the trip. Trips of this grading are likely to include multiple consecutive days activity either walking at moderate altitude (up to 2,500m) or paddling. With between five and seven hours of activity with occasional longer/harder days. The trip may contain other activities such as cycling, rafting, remote camping which also require physical effort and a reasonable level of fitness and resilience. Steady preparation and an increase in your underlying fitness levels will help you get the most from this grade trip.

## Cultural Rating for this trip: Grade 3



Students should expect some culture shock. You'll be exposed to signs of poverty. The food will be quite different to home and English, whilst still spoken, will be less prevalent. Respecting the local culture will make it easier to fit in and get the most out of your trip. We're likely to visit remoter locations on this tour where access to western style services may be sporadic. Often on trips of this grading there are parts of the itinerary which are more remote, interspersed with sections which are more 'comfortable'.



## Travel Safety & Other Pre-Travel Training

Preparing students and teachers for their upcoming adventure is an opportunity to teach important life skills and a vital part of our overall approach to safety management. Please ask for your quote for the training schedule specific to this educational journey. Topics covered will include:

### Responsible Tourism workshop

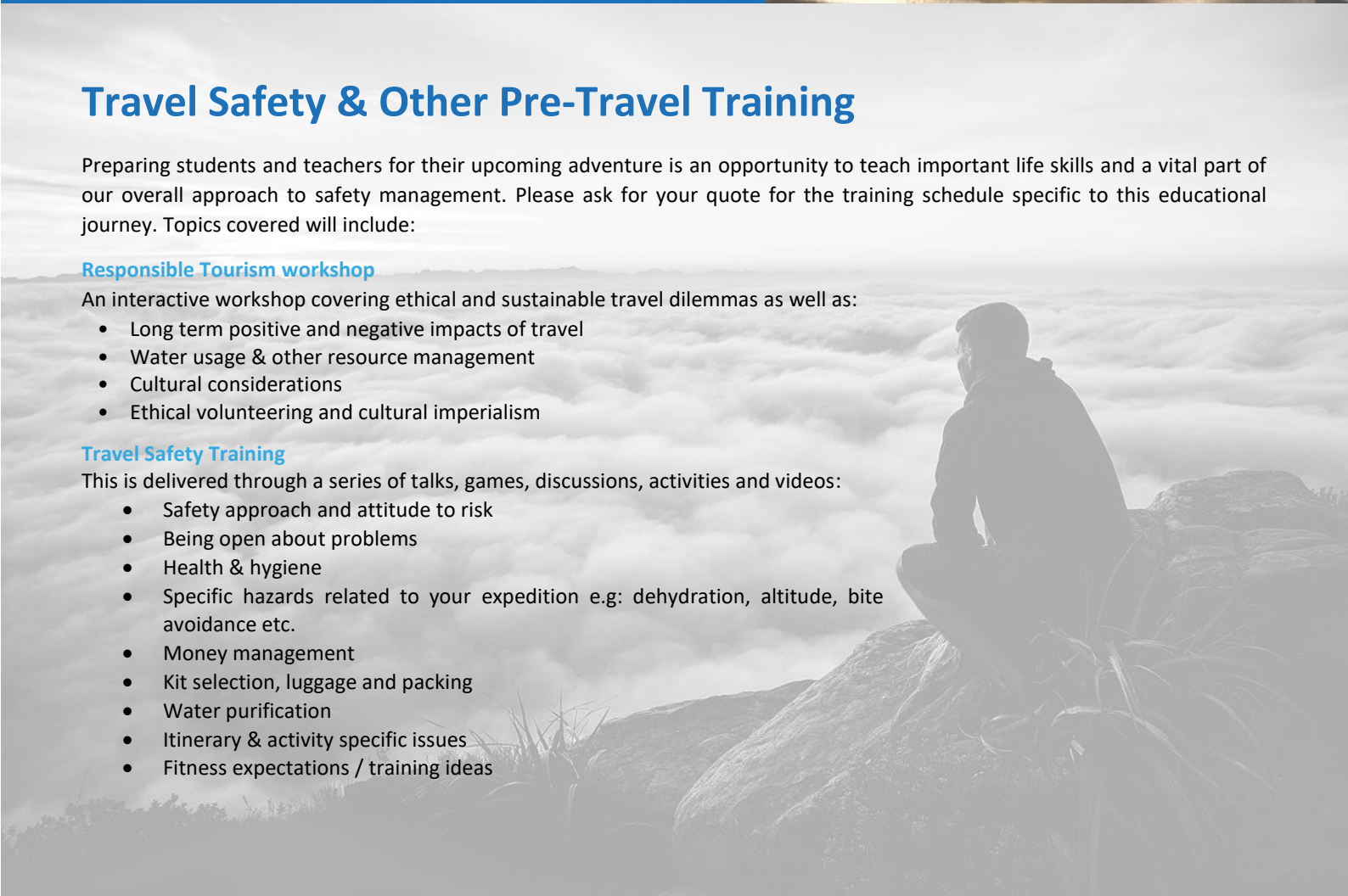
An interactive workshop covering ethical and sustainable travel dilemmas as well as:

- Long term positive and negative impacts of travel
- Water usage & other resource management
- Cultural considerations
- Ethical volunteering and cultural imperialism

### Travel Safety Training

This is delivered through a series of talks, games, discussions, activities and videos:

- Safety approach and attitude to risk
- Being open about problems
- Health & hygiene
- Specific hazards related to your expedition e.g: dehydration, altitude, bite avoidance etc.
- Money management
- Kit selection, luggage and packing
- Water purification
- Itinerary & activity specific issues
- Fitness expectations / training ideas





# A journey of 1,000 miles...

Starts with a single step... Contact us now to start your educational journey

## 1 Ask for your personalised quote & further information

If this itinerary doesn't quite scratch your adventure itch then let us tailor-make one for you. Our wealth of experience and expert in-country contacts means we can design an adventure that's just right for you and your students. Contact us for more information and a detailed quote.

## 2 Ask for risk assessments and marketing materials

We can provide initial risk and threat assessments to help you with your trip approval process. Ask for posters and your Pre-Booking Information Pack too.

## 3 Arrange a trip launch evening

This is a chance for students and parents to hear more about the planned adventure with comprehensive information covering the itinerary, safety management, the build-up to the trip and lots more. There is also plenty of opportunity for questions.



The home of the modern, innovative school expedition, where a sustainable, ethical approach guarantees unique experiences and a life enhancing adventure.



Our school trips and educational tours are all about maximising the learning opportunities of travel. It's all here, the humble school tour has just come of age.



Adventures, holidays and cultural journeys for teachers looking to 'Escape the Classroom' and discover more about our amazing world, its people and places.



*"I am being completely serious when I say that I won't ever run a school trip without you guys. I trust you and your team completely - and the in-country staff that you carefully cultivate and train are a cut above the rest."*

**Teacher feedback, King's High Warwick**

## Contact Us:

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